



A Number One Egg Bread



Vegetarian



Dairy Free



Popular

READY IN



200 min.

SERVINGS



8

CALORIES



385 kcal

BREAD

Ingredients

- 0.5 ounce active yeast dry
- 1 eggs
- 6 egg yolks
- 3 eggs room temperature
- 4.5 cups flour all-purpose
- 1 pinch salt
- 0.5 cup vegetable oil
- 0.7 cup warm water (110 degrees F/45 degrees C)

0.3 cup sugar white

Equipment

bowl

baking sheet

oven

wire rack

Directions

In a large bowl, dissolve yeast in water. Stir in the yolks, 3 eggs, oil, sugar, and salt.

Add about 3-1/2 cups of flour to make a sticky dough.

Turn dough out onto a lightly floured surface. Knead with remaining flour until smooth and elastic, about 7 minutes.

Place in a well oiled bowl, and turn to oil the entire surface of the dough. Cover with a damp cloth.

Place in a warm place until double in size, about 1-1/2 hours.

Punch down the dough, and divide into 3 pieces.

Roll each piece into a rope about 12 inches long. Braid the three strands together, and seal the ends.

Place the bread on a greased cookie sheet. Beat the remaining 1 egg with a pinch of salt; brush onto bread.

Let the bread rise until doubled, about 45 minutes.

Preheat the oven to 375 degrees F (190 degrees C).

Brush the bread with eggwash again.

Bake for 40 minutes, or until golden. Cool on a wire rack.

Nutrition Facts



PROTEIN 13.59% FAT 21.9% CARBS 64.51%

Properties

Glycemic Index:18.14, Glycemic Load:43.18, Inflammation Score:-5, Nutrition Score:16.173043386201%

Nutrients (% of daily need)

Calories: 384.78kcal (19.24%), Fat: 9.24g (14.21%), Saturated Fat: 2.52g (15.75%), Carbohydrates: 61.25g (20.42%), Net Carbohydrates: 58.88g (21.41%), Sugar: 6.58g (7.32%), Cholesterol: 227.64mg (75.88%), Sodium: 45.92mg (2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.9g (25.8%), Selenium: 38.33µg (54.75%), Vitamin B1: 0.78mg (51.96%), Folate: 200.18µg (50.05%), Vitamin B2: 0.59mg (34.78%), Manganese: 0.5mg (24.95%), Vitamin B3: 4.88mg (24.42%), Iron: 4.06mg (22.55%), Phosphorus: 183.43mg (18.34%), Vitamin B5: 1.29mg (12.88%), Fiber: 2.38g (9.5%), Zinc: 1.23mg (8.2%), Vitamin D: 1.17µg (7.79%), Vitamin B12: 0.46µg (7.67%), Vitamin B6: 0.14mg (7.11%), Copper: 0.14mg (6.94%), Vitamin A: 313.47IU (6.27%), Vitamin E: 0.84mg (5.63%), Vitamin K: 5.39µg (5.13%), Magnesium: 19.94mg (4.98%), Calcium: 41.47mg (4.15%), Potassium: 137.36mg (3.92%)